

Prevention

Partners

Avenues

Keeping your weight under control

With more than 20 percent of the nation's adult population classified as obese, weight control is a huge health care issue. Weighing too much can put a person at risk for diabetes, hypertension, heart disease and many other conditions.

At a recent conference on obesity sponsored by the American College of Sports Medicine (ACSM), they concluded that physical activity is essential to reduce the health risks associated with obesity. The ACSM findings have shown that obesity can be prevented and that exercise and dietary habits are major contributors toward that end.

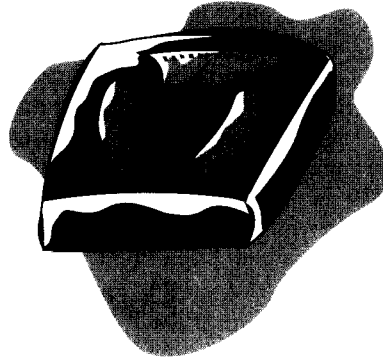
You could be overweight, at your ideal weight or underweight. That's where the caloric balance equation comes into play. In terms of calories, it is as follows:

Calories consumed > Calories expended = weight **gain**.

Calories consumed < Calories expended = weight **loss**.

Calories consumed = Calories expended = weight **maintenance**.

In order for you to lose weight, your calorie intake must be less than



the energy you expend. In other words, calories eaten must be less than calories used. If you are at your ideal weight, your caloric intake should equal energy expended (i.e. calories consumed should equal calories used).

If more calories are consumed than are used, the extra calories are stored as body fat. In order to get rid of that "stored" fat, an energy deficit must be created. When the energy deficit is created, the body turns to its fat stores for energy.

It takes cutting back on calories to lose weight. A pound equals 3,500 calories. To lose one pound a week, you need to reduce the amount you eat by 500 calories a day. When losing weight, do so in a healthy manner, in the range of one to one-and-a-half pounds per week. Don't try to lose too much too fast.

When it comes to counting calories remember that a gram of fat

equals nine calories, while a gram of protein and a gram of carbohydrates each equal four calories. When you add up the grams of each on a food label, you come up with the energy value of each item. For example, an eight ounce glass of skim milk has 12 grams of carbohydrates, eight grams of protein and no grams of fat for an energy value of 80 calories.

To change your dietary habits, remember to look closely at food labels when shopping at the grocery store. The three main things to look for are serving size, calories per serving and total fat per serving. USDA guidelines recommend limiting fat consumption to 30 percent of calories. Be careful when you select foods that are labeled low-fat or even non-fat. When some manufacturers remove fat, they sometimes add a lot of sugar, driving the calorie count up. And while you're reading labels try to select foods that are also high in fiber.

Many of us have busy schedules and don't have time to fix meals at home. But that doesn't mean you can't watch what you eat. Most fast food restaurants have nutritional information posted on their premises. And Prevention Partners has a pocket-size fast food guide that costs just \$1.50. You may use the order form in this issue if you would like to purchase one.

If your worksite makes healthy foods available in the cafeteria or canteen, make sure you choose them. This is important since your busy schedule may not allow time to

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The Inside Spot

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Getting Fit

Lift weights for better health

Everyone knows about the health benefits of walking. There is another activity that gets far less attention but is just as beneficial - strength training (also known as weight lifting). Strength training isn't just for the young, people of all ages can benefit. To get started in strength training, you can either join a gym or purchase a set of dumbbells. Most gyms will provide some instruction free of charge when you initially join.

Now, we're not telling you to quit walking and lift weights instead. Both are needed. Strength training has different benefits. It helps you build muscle and burn fat by improving the ratio of body fat to fat-burning muscle tissue. It also improves the ratio of LDL (bad) cholesterol to HDL (good) cholesterol, relieves arthritic symptoms, and helps prevent diabetes and hypertension. Strength training has also been shown to increase bone density, which is crucial in preventing osteoporosis. Osteoporosis can afflict men, too. Strength training can improve your mental health by increasing self-esteem and confidence.

When beginning a strength-training program, remember to work all the muscle groups. You may want to work your lower body one day and upper body the next. This allows a full day of rest for one muscle group.

Use the following steps to determine how much weight to use:

1. Start with a weight you can lift five times without too much effort.
2. When you can do that easily, lift it five times, rest a few minutes, then do it again (that is two sets). Then increase to three sets.
4. When you can easily do that, lift the weight 10 times in each set.
5. When you can easily do that, lift the weight 15 times each set.
6. Once that is easily done, slowly increase the weight.

The above method is good for toning because it keeps the weight relatively light and uses high repetitions. Do not try to lift too much

weight because doing so can mean excessive stress on joints, muscles, tendons and ligaments. Women with back problems should lift no more than 25 pounds, men should lift no more than 50 pounds.

When lifting weights, use good form and posture. Avoid jerky movements and use a full range of motion during any exercise. Do not hold your breath. Inhale during the relaxation phase and exhale during the lifting phase.

Strength training benefits everyone. In older adults strength training has been shown to improve both muscle strength and balance. This could mean a reduced risk for falls and fractures.

No matter what your age, start lifting weights for better health. Be sure to consult your physician before beginning any exercise program.

Every step counts !

Regular physical activity such as walking is relatively inexpensive and does not stress joints, tendons and ligaments the way running and aerobic dance might.

Do you know how much you walk each day? All those trips to the copier, the bathroom, up and down the stairs and any other kind of walking activity adds up.

Prevention Partners has a new, fun way to help you know just how much walking you do. "Every Step Counts" is a new lifestyle change program that uses a device called a pedometer. A pedometer is smaller than a beeper and it is used to measure how far you have walked. It is usually worn on the belt, slacks or skirt just like a beeper.

A pedometer automatically records every step you take. If you measure your typical stride and multiply it by the number of steps taken, you will know how far you have walked on a trip. For example, if your stride is two feet and it takes 100 steps to go to the bathroom, the distance to the bathroom is 200 feet. There are 5,280 feet in a mile, equivalent to 29 trips to the bathroom.

"Every Step Counts" costs just \$15 plus sales tax. Along with a pedometer, you will receive a pocketsize guide that tells you how to use the pedometer, a place to record your steps and a bag to store it in when you are not wearing it.

Regular physical activity can reduce your risk of heart disease, high blood pressure, colon cancer and diabetes. It helps you maintain proper body weight, control the effects of osteoarthritis, reduce anxiety and enhance your overall quality of life. The "Every Step Counts" program will help you track your level of activity and motivate you to increase it a little at a time.

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Weight Control

Body Mass Index - an important number

How much you weigh is a common question asked of many people. But how often does someone ask, "Hey, what's your body mass index (BMI)?" Probably not very often. Yet it is a very important number when it comes to your health.

BMI stands for body mass index. It is an alternative way to measure obesity, which is a harbinger of many health problems. According to the American Institute for Cancer Research, obesity is possibly the second leading cause of preventable death in the United States after smoking. Not only is health an issue but so are the costs. A study of more than 3,000 First Chicago NBD employees showed that the health care costs of those in the at-risk category for BMI were more than twice that of those whose BMI is in the normal range.

BMI is measured by taking a person's weight in kilograms and dividing it by their height in meters squared. You'll find a chart with these calculations below. All you have to do is match your height and weight to identify your BMI.

BMI looks at how much you should weigh based on your height. Like

standardized height/weight charts, BMI does have its limitations. Athletes with a lot of muscle mass could have a high BMI and not be overweight. But for most people it is a good indication of the degree of excess fat. Ultimately, your doctor is in the best position to decide how much, if any weight you need to lose.

Obesity is defined as a BMI equal to or greater than 30. Twenty-two percent of American adults fall within this category. A BMI from 25 through 29.9 is considered moderate risk. A BMI of 20 through 24.9 is considered normal for most middle-aged adults.

Lowering your BMI to the normal range will reduce your risk for diabetes, high blood pressure, heart disease and high cholesterol.

Prevention Partners has a resource that will help you plan weight loss if your Body Mass Index is too high. The three-CD Weight Management software costs just \$10 and includes discs for Menu Planning, Executive Diet Helper and Weight Loss Planner. The Menu Planner can create a flexible daily menu based on the number of

calories you wish to eat each day. It asks you to select the number of meals you would like to eat each day and asks you to select the types of foods you are willing to eat for each meal. The Executive Diet Helper will give you a nutritional analysis for each food that you enter. After you finish entering the foods you wish to analyze, the software will analyze the foods as a group and provide a printout including fat, cholesterol, protein and carbohydrates. It also offers suggestions on healthy, low calorie substitutions for the food you entered. The Weight Loss Helper can design six different types of programs for weight loss based on the profile information that you enter and also includes a customized exercise program.

You can use the Prevention Partners order form on the back page of this issue to order your copy of the Weight Management software today.

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pack a lunch.

While you can cut back on calories by not eating as much, you can also burn them off through exercise. Walking is a great way to do it. You don't even have to walk fast. Walking expert Rob Sweetgall says that distance and time are the keys. Sweetgall says that if you add 17 minutes of easy-gaited walking a day, you can burn off one pound of excess fat from your body every month.

Prevention Partners has a new program - "Every Step Counts" - that will measure just how much walking you do. This new program, which costs just \$15, includes a pedometer, instructions for use and a carrying bag that clips on your belt. The pedometer itself clips onto a belt or a skirt just like a pager. An order form for "Every Step Counts" is included in this issue.

Always keep in mind that regular exercise and healthy eating will keep your weight under control. This important duo will also reduce your risk for disease and enhance your quality of life.

Body Mass Index Chart

Match your height (left column) to your weight (inside the chart) to find your BMI.

BMI->	19	20	21	22	23	24	25	26	27	28	29	30	35	40
4-10	90.7	95.5	100.3	105.0	109.8	114.6	119.4	124.1	128.9	133.7	138.5	143.2	167.1	191.0
4-11	93.9	98.8	103.8	108.7	113.6	118.6	123.5	128.5	133.4	138.3	143.3	148.2	172.9	197.6
5-0	97.1	102.2	107.3	112.4	117.5	122.6	127.7	132.9	138.0	143.1	148.2	153.3	178.8	204.4
5-1	100.3	105.6	110.9	116.2	121.5	126.8	132.0	137.3	142.6	147.9	153.2	158.4	184.8	211.3
5-2	103.7	109.1	114.6	120.0	125.5	130.9	136.4	141.9	147.3	152.8	158.2	163.7	191.0	218.2
5-3	107.0	112.7	118.3	123.9	129.6	135.2	140.8	146.5	152.1	157.7	163.4	169.0	197.2	225.3
5-4	110.5	116.3	122.1	127.9	133.7	139.5	145.3	151.2	157.0	162.8	168.3	174.4	203.5	232.5
5-5	113.9	119.9	125.9	131.9	137.9	143.9	149.9	155.9	161.9	167.9	173.9	179.9	209.9	239.9
5-6	117.5	123.7	129.8	136.0	142.2	148.4	154.6	160.8	166.9	173.1	179.3	185.2	216.4	247.3
5-7	121.1	127.4	133.8	140.2	146.5	152.9	159.3	165.7	172.0	178.4	184.8	191.1	223.0	254.9
5-8	124.7	131.3	137.8	144.4	151.0	157.5	164.1	170.6	177.2	183.8	190.3	196.9	230.2	262.5
BMI->	19	20	21	22	23	24	25	26	27	28	29	30	35	40
5-9	128.4	135.2	141.9	148.7	155.4	162.2	168.9	175.7	182.5	189.2	196.0	202.7	236.5	270.3
5-10	132.1	139.1	146.1	153.0	160.0	166.9	173.9	180.8	187.8	194.7	201.7	208.6	249.4	278.2
5-11	135.9	143.1	150.3	157.4	164.6	171.7	178.9	186.0	193.2	200.3	207.5	214.6	250.4	286.2
6-0	139.8	147.2	154.5	161.9	169.2	176.6	183.9	191.3	198.7	206.0	213.4	220.7	257.5	294.3
6-1	143.7	151.3	158.8	166.4	174.0	181.5	189.1	196.7	204.2	211.8	219.3	226.9	264.7	302.5
6-2	147.7	155.4	163.2	171.0	178.8	186.5	194.3	202.1	209.9	217.6	225.4	233.2	272.0	310.9
6-3	151.7	159.7	167.6	175.6	183.6	191.6	199.6	207.6	215.6	223.5	231.5	239.5	279.4	319.4
6-4	155.8	164.0	172.2	180.4	188.6	196.8	205.0	213.2	221.4	229.5	237.7	245.9	286.9	327.9

BMI used by permission from The Science of Obesity and Weight Control website.

Linda Honeycutt - 1999 Prevention Partners Outstanding Coordinator

In 1999, Linda Honeycutt was named Outstanding Coordinator during Prevention Partners' annual "Health at Work Conference." Look for a listing of all the 1999 award winners in the past winter edition of *Avenues*.

Ms. Honeycutt has been a Prevention Partners coordinator for several years. Our coordinators serve on a volunteer basis and Linda enthusiastically supports Prevention Partners programs in addition to her full-time duties as benefits administrator for Fort Mill School District 4. The district has more than 650 employees.

Last year, Linda coordinated two breast cancer screenings and a two-day health screening that drew more than 100 people. She distributes a district newsletter, posters and e-mail to help spur participation in wellness activities. Participation is rewarded through personal letters, t-shirts and pins.

Once again, Prevention Partners would like to congratulate Linda and thank her for her continued support of wellness activities and Fort Mill School District 4.

Every Step Counts !

"Every Step Counts" is Prevention Partners' new walking program. This program includes a pedometer, a pocketsize guide to tell you how to use it, a place to record your steps and a bag to carry the pedometer when you're not wearing it. All of this costs just \$15 plus South Carolina sales tax. There are no shipping charges.

Order "Every Step Counts" TODAY! Mail your check payable to the Office of Insurance Services, 1201 Main Street, Suite 920, Columbia, S.C. 29201.

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Telephone: _____

Be sure to include a check for \$15.75 (sales tax included) made payable to the Office of Insurance Services.

Please use this order form to order Prevention Partners materials. Indicate in the box before each item how many you wish to order. All prices include sales tax. The following materials and programs are currently available:

☐ **Back on Track** - This back pain and injury prevention program consists of a participant manual, exercise videotape, dyna-band and instructions and towel. Cost: \$10.50.

☐ **Tension Tamer** - Our Stress management program consists of a participant manual, relaxation cassette tape, computer-shaped stress ball and stress dot card. Cost: \$10.50.

☐ **Take Care of Yourself** - A 302 page soft-cover book on self-care and when to see the doctor. Cost: \$7.35.

☐ **Weight Management** - This three CD set consists of Executive Diet Helper, Menu Planner and Weight Loss Planner. Cost: \$10.50.

☐ **Fast Food Guide** - Pocket-size guide with information on cholesterol, sodium and other important ingredient information from most major fast food chains. Cost: \$1.58.

Please make checks payable to the **Office of Insurance Services**. Sorry, no cash or purchase orders are accepted.

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Telephone: _____ Work: _____ Home: _____

Mail to: **Prevention Partners, Office of Insurance Services, 1201 Main Street, Suite 920, Columbia, SC 29201.**